DEPARTMENT OF PHYSICAL EDUCATION
UNITED STATES MILITARY ACADEMY

WEST POINT, NEW YORK

INTRAMURAL CROSS COUNTRY AY 01-02

POC Dr. Sue Tendy, x3075

PREFACE

This handbook has been published to serve as a ready reference for all participants in Intramural Cross Country. It is the basis upon which the program will be administered. It contains extracts of all pertinent regulations concerning the activity along with training tips for use in preparing company teams. Specific duties are outlined in detail for those cadets in administrative and coaching positions.

Strict compliance with the duties, policies, and techniques outlined herein will result in a season of good Cross Country competition that will be enjoyable, safe and profitable for all concerned.

THIS HANDBOOK IS A SUPPLEMENT TO REGULATIONS FOR INTRAMURAL ATHLETICS, USCC. IT IS NOT CONSIDERED AS A REPLACEMENT.
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A. ORIGIN AND DEVELOPMENT

Running is the oldest form of athletic endeavor known to man. Since prehistoric times individuals have been pitting their ability to race against one another. Some of the first races historically recorded began with the Olympic Festivals in 776 B.C. These competitions were held every four years until 394 A.D. The modern Olympic Games ere revived in Athens, Greece, in 1898 and served as the impetus for a sweeping growth in the popularity of competitive running throughout the world.

In 1837, cross country racing as we now know it began with the founding of the Crick Run at Rugby, England. The interest soon spread to other educational institutions where annual races became quite popular. It was around 1897 that the Thames Hare and Hounds Club started running multiple races within one season. From this start the sport soon spread rapidly to many other clubs throughout England. The first international competition was held in 1898 between England and France. The 1912 Olympic Games included a cross country race that was won by Hannes Kolehmainen of Finland. Paavo Nurmi of Finland won the race during the 1924 games, after which the event was discontinued.

The first official national competition held in the United States was sponsored by the National Amateur Athletic Union (AAU) in 1890 and was won by the New Jersey Athletic club. In 1908, the Intercollegiate Association of Amateur Athletes of America (IC4A) held its first championship over a five-mile course in Van Cortland Park in New York City. In addition to these annual races the National Collegiate Athletic Association (NCAA) has been conducting national competition for many years over six mile/10,000 meter courses at a variety of venues.

B. NATURE OF THE SPORT.

Intramural cross country involves the competitive running of one team against another in a foot race over a cross country cross course between 2.5 and 3.5 miles in length. Individual team members are scored in the order in which they complete the race, the first runner to finish being number one, second being number two, etc. In the event that two runners tie (intentionally or otherwise) both runners are awarded the mid-point score. Example, the third and fourth runners tie and receive 3.5 points. The team having the lowest total score is the winner.

Scoring will be determined as follows:

1. Each team races seven runners. The top five from each team will be counted. The sixth and seventh runners act as “displacers.” In effect, although their score does not count for the team total, their finish can displace the finish of the other team’s top five. This most common of cross country scoring systems enables the largest number of cadets to “count” for each team.

2. For multiple-team meets, teams must be compared on a head-to-head basis; translate actual place finish to a two-team comparative finish. See example below:

TEAMS	A	B	C
Actual Place Finish	1	4	
	2	5	
	3	6	
	20	7	
	21	8	
TOTAL	47	30	

It would appear that B wins over A based on lowest score. Not so! A has three strong runners but not a strong team.

	A	B	C
Compar-artive Place Finish	1	4	
	2	5	
	3	6	
	9	7	
	10	8	
TOTAL	25	30	

A <u>actually</u> wins over B based on comparison by place of these two teams.

3. Further comparisons of the other two teams: A vs. B, and B vs. C would also require separate translations of an actual place finish to a comparative place finish.

4. In case of an individual tie (eg. 2d and 3d place runners) would translate to 2.5 each.

5. In case of a team (eg. 30 points vs. 30 points) the 6th place finisher from each team would count.

C. <u>EQUIPMENT</u>.

1. <u>Course</u>:

a. The course will be approximately 2.5 miles to 3.5 miles long and a minimum of 12 feet wide from the start to .25 miles.

2. <u>Uniform</u>:

a. Company athletic jersey and athletic shorts. Running shoes must be worn in formations to and from the area of competition and during the race.

3. Material:

3 stopwatches

8 12” traffic cones

1 roll of engineer tape

1 first aid kit

2 clipboards

Pre numbered place sticks

Team score sheets

10 pencils

1 starting pistol

1 box blank shells

1 bull horn

D. ADMINISTRATION.

1. Strength - Minimum team strength is six (6), maximum strength is ten (10). Additional team members can run the course for practice, however, the top ten (10) must be designated prior to start of the race.

2. Location - All teams will meet at North Dock for every intramural practice NLT 1620 hours.

3. Eligibility - Cadets who have earned corps squad or club squad award in Corps Squad Track or Cross Country or participants on the Marathon Club are ineligible. They may serve as coaches, officials, and run the course for a workout.

4. Participation -

a. Each team member except the coach will compete in each record contest.

b. Additional practice sessions will be voluntary on the part of all team members.

5. Rules -

a. NCAA rules govern, except as modified locally.

(1). Handicap: Comparative research shows women run time for the two mile run test is 2 minutes slower than men. This difference has been consistent over the last ten years. Intramural Cross Country is mixed competition. Men and women run together at the same time over the same course and distance. For this reason a handicap for women runners has been implemented. For every mile and/or fraction of a mile, a one minute per mile, thirty seconds per half mile, handicap (headstart), over the men will be allowed. This provides a competitive run.

Example: 2 ½ mile run course. Women start 2 ½ minutes before the men start.

b. Brigade finals will be a four-team race.

c. In the case of a tie contest, the first team with six finishers will be declared the winner.

d. In the event of a tie in the final team standings the teams will compete in a semi-final race prior to the brigade championships.

6. Duties:

a. Regimental Cadets-in-Charge (CIC) (See Appendix B) - CIC's are responsible for insuring that this sport is administered in compliance with regulations. CIC's work for and are directly responsible to the Regimental Athletic Officer. Specifically, each CIC has the following responsibilities:

(1) Prior to the first attendance:

(a) Coordinate with the corresponding CIC of his or her sister regiment with regard to special equipment required for the sport, breakdown of space for practice and competition, and other matters as appropriate.

(b) Hold an organizational meeting with coaches and officials under that CIC's jurisdiction to outline policies for the administration and conduct of the sport. Designate specific officials for each competition.

(2) Prior to each attendance:

(a) Draw any special equipment required from the DPE Sport Educator.

(3) At the Course Area:

(a) Collect Absentees Slips (USMA Form 2-189) from coaches.

(b) Account for all officials under his or her jurisdiction and prepare an Absentee Slip for the same.

(c) Brief officials.

(d) Insure that races are started promptly.

(e) Insure that protests arising during contest are settled as soon as possible.

(f) Insure that all injuries are reported to the DPE Trainer on the Athletic Injury Report, USMA 2-178. A form will be completed on-the-spot by the coach for each injury and hand carried to the DPE Training Room by the injured cadet, or by the CIC if the injured cadet is taken directly to the hospital. Forms 2-178 are located in the First Aid kit.

(4) At the conclusion of each intramural attendance:

(a) Insure the course has been cleared of all participants.

(b) Prepare a Results of Intramural Competition form in duplicate and submit one to the Regimental Athletic Officer that same day. The second copy will be given to the Sport Educator.

(c) Return any equipment drawn for the day's competition to the Sport Educator's office.

(5) At the conclusion of the intramural season - prepare an after-action report. Submit one copy to the Regimental Athletic Officer, and one to the Sport Educator offering constructive criticism pertaining to the administration and conduct of the sport.

b. Officials:

(1) Conduct and control all contests as scheduled, and in accordance with prescribed IMCC rules.

(2) Official's Duties:

(a) Starter/Finish Judge.

(1) Call all runners to starting line.

(2) Give final briefing (route, distance, starting commands, etc.)

(3) Start all races at the correct time interval (normally 2-5 minutes).

(4) When two or more runners cross the finish line together, pick the order of finish and insure the runners pass through the finish chute in correct sequence.

(b) Timer/Time Caller:

(1) Start primary and secondary stop watches on starter's command.

(2) Call out finish times as each runner crosses the finish line.

(c) Recorder:

(1) Start alternate stop watch on starter's command.

(2) Record place of each runner, as they finish.

(d) Finish Chute Official:

(1) Start alternate stop watch on starter's command.

(2) Pass out finish sticks.

(e) Split Timers (optional)

(1) Reconn appropriate mile marker location, route to the location.

(2) Start two stop watches on starter's prestart command.

(3) Move to appropriate location, restart watches as required and call out split time to <u>all</u> runners.

(4) Insure all runners are off course upon completion of the race. Render assistance to any injured runner.

c. <u>Coaches</u>:

(1) <u>Prior to the first scheduled practice period</u>:

(a) Coordinate with the Company Athletic Officer on assignment of team members. Insure that cadets assigned to the team are, in fact, eligible for participation in the sport.

(b) Draw team equipment from the Intramural Storeroom in accordance with current directives from the Department of Physical Education. Issue equipment to individual team members on hand-receipt.

(c) Read and understand all regulations pertaining to this sport.

(2) <u>During the season</u>:

(a) Organize, train, and condition the team.

(b) Insure proper maintenance and use of all items of uniform and equipment. Immediately retrieve and secure the equipment of any injured runner admitted to the hospital.

(c) Drop or add squad members only with the concurrence of the Company Athletic Officer. Changes may be made to the team roster on authority of the Company Athletic Officer until a date one week prior to the first record contest. Effective that date, changes will be permitted only as a result of injuries, to account for cadets added to or deleted from Corps and Club Squad Lists, or to enable the company to field sufficient players to avoid the necessity for forfeits. Such changes must go through the Company Athletic Officer and have the approval of the Regimental Athletic Officer before coming effective.

(d) Submit justifiable protests as directed in Section G, Regulations for Intramural Athletics.

(e) Insure that cadets who are medically excused from intramurals do not participate in practices or contests.

(3) At each intramural attendance:

(a) Hold formations, comply with movement instructions, and render absentee reports.

(b) Insure that each team member is properly wearing the prescribed uniform and equipment.

(c) Conduct a warm-up period of jogging, stretching and running for at least ten (10) minutes duration for the entire squad.

(d) Insure each participation knows the cross country course.

(e) Conduct a team cool-down run/jog of at least one mile followed by ten (10) minutes of stretching exercises.

(f) Complete an Athletic Injury Report (USMA Form 2-178) for each injury occurring during practices (Scheduled or unscheduled) and contests. (Forms are in First Aid Kit). Have the report hand-carried to the DPE Training Room by the injured cadet or by the CIC if the injured cadet is taken directly to the hospital. Injuries discovered at a later time will be reported to the DPE Trainer of USMA Form 2-178 as soon as discovered.

(g) Submit the Team Record of Participation Form (USMA Form 2-447a) to the Regimental CIC at the first record contest. Following each contest, make appropriate entries on

this form in accordance with instructions contained in Annex A, Appendix 3, regulations for Intramural Athletics. Coaches are responsible for insuring that all team members present for a contest meet the minimum daily participation requirement. This requirement included cadets who have appointments for additional instruction. Failure of a coach to do so, for reasons other than injuries incurred during the contest, will be grounds for protest. Approved protests will result in forfeiture of the contest.

(4) At the conclusion of the season:

(a) Complete the Team Record of Participation Form and submit to the Company Athletic Officer.

(b) Collect and return all team equipment to the Intramural Storeroom within 48 hours of the team's final contest of the season.

(c) Submit appropriate comments and recommendations to the Company Athletic Officer and CIC for inclusion in their after-action reports to the Regimental Athletic Officer.

E. TRAINING.

1. General: Training for Cross Country may be subdivided into three categories: Base, sharpening, and peaking.

(a) Base training is designed to improve the cardiovascular system, improve muscular endurance and enhance the body's ability to take in and utilize oxygen. This is accomplished primarily through long, relatively easy running. However, cadets who have participated in intramural, club, and Corps Squad sports with an emphasis on endurance training (soccer, lacrosse, long distance swimming, triathlon, marathon club, team handball, flickerball, and basketball) frequently transition well to Cross Country with an abbreviated base training period.

(b) Sharpening training is done once the runner has a sound foundation of base training. To skip over the base training phase may show promising results early in the season, however, times become slower, interest wanes, and the individual is highly susceptible to illness or injury. For individuals without a solid base of endurance work, it is best to have them work on base training, run the races as a workout, then throw in a few sharpening workouts just prior to the Regimental championships. Sharpening is running performed at trace pace or faster. It can be in the form of fartlek, intervals on grass or trails, and in early season races. One should gradually transition into this sharpening phase to reduce muscle soreness and eliminate injury. As one becomes sharper the speed naturally increases and the quantity of work done is also increased.

(c) Peaking results in exceptional performances when done correctly. The athlete must have a solid base, and have done the appropriate amount of sharpening work. It consists of a few very intense workouts with adequate rest and recovery runs followed by two or three days of very easy running just prior to "the race of the season". It is possible to peak twice during the

competitive season (Regimental and Brigade Championships) however, usually the peaks will be lower than if the individual had peaked for only one race.

2. Workouts:

(a) General: Improvement in running Cross Country develops through the adaptation of the body to stresses applied to it. This stress can be applied in three forms:

(1) Increased intensity of the workout (running faster).

(2) Increasing the duration of the workout (running longer).

(3) Increasing the frequency of workouts (running more frequently).

The following different types of workouts are designed to apply this stress in different methods.

(b) Marathon/Long Slow Distance: This type of workout emphasizes increasing the duration of the workout. It is a long, comfortable, steady run about 95% aerobic and improves heart circulation, oxygen intake and transportation and muscular endurance. It is the heart of the base training phase and is used on recovery days following more intense workouts during the sharpening phase.

(c) Fartlek: Fartlek is a Swedish work meaning "speed-play". It is normally done over rolling hills on grass or trails. It actually consists of a long run with burst of fast running of varying distances throughout the run. Heart circulation, stroke volume, oxygen intake, and transportation, along with muscular endurance and power are improved through this form of training. Fartlek workouts should be used occasionally during the build-up phase and more frequently during the sharpening phase. This off track/road work can be very enjoyable and prepares the runner for the uneven surfaces frequently encountered on Cross Country courses.

(d) Interval Training: This is, perhaps, the most misunderstood method of training there has ever been. It was developed by the German coach, Dr. Woldemar Gerschler, in conjunction with a heart specialist named Dr. Herbert Reindel. In this method a run, usually not consisting of more than 440 yards, is made at a sufficient pace to elevate the runner's heartbeat to about 160-180 beats per minute. A rest follows which allows the heart beat to fall to about 120 beats per minute. This rest should NEVER be more than 90 seconds. If it is, the run was too fast. During the rest, blood rushes into the heart cavities so fast that is stretches the muscle much like a balloon, which is filled with air. The heart must obviously work harder to force the extra blood out and thus becomes stronger. When the heart rate will no longer return to 120 beats per minute in 90 seconds it is time to terminate the workout. This type of training strengthens primarily the heart muscle but is also develops leg strength and leg speed. While this type of workout is primarily track oriented, it can be done off the track on golf courses, roads and trails. It is important to measure distances and times accurately to insure that the proper effort is being applied. Research indicates that this is the fastest conditioner in a short period of time - however, it also produces the greatest number of injuries. Use caution!

(e) Repetition Running: Repetition running is an interval type of workout where a run is followed by a rest. In this case the runs are long, usually a mile or more. The rest varies

according to the length and pace of the run. This is a particularly good workout to work on group running which is so necessary in Cross Country. The long runs involved make this primarily heart/capillary work. Additionally, a good sense of pace can be developed.

(f) Sprint Work: This is normally used as a peaking technique. The runs are much faster than pace - usually 90% or better. The rest is long enough to allow nearly a full recovery. Sprint work is totally muscle work.

3. Structuring the Training Program:

(a) In reviewing the training program of world class distance runners one quickly realizes that every training program is different because every athlete is different both physically and psychologically. Each training program must be tailored to the athlete's strengths, weaknesses, and idiosyncrasies. There are, however, several guidelines in developing a Cross Country training program. Some of the more important ones are:

(1) Insure the runners have a good aerobic base to build on.

(2) Exercise physiologists have found that it takes from 36-48 hours to recover from a hard workout. Therefore, a hard-easy approach is advocated; one day long and hard, the next shorter and easier.

(3) Vary the workouts. Use different routes and surfaces for the long, slow distance runs on easy days and a combination of fartlek, intervals, and repetitions on the hard days.

(4) Avoid illness and injury. When too much stress is applied our resistance goes down and we become susceptible to colds, flu, stomach disorders, etc.

F. Training Tips.

1. Develop and use good running form. Running is a fundamental, natural action in human beings. Each person is a unique individual, and thus, each individual's running style differs. There are, however, certain elements of style which are considered best for Cross Country runners. The ultimate goal of style, of course, is to do the greatest amount of work with the least amount of effort. All of the following elements of style are aimed at inducing the greatest relaxation possible:

(a) Your hands should be loose and cupped, not clinched.

(b) You should have a natural rhythmic arm swing. The arms should swing back and forth easily; avoid swinging them across in front of you.

(c) Your lower jaw should be loose and relaxed.

(d) Your facial muscles should be relaxed, not contorted.

(e) Your head should be kept up and your eyes should be looking about ten (10) yards ahead. Run erect!

(f) Your stride should be relaxed and economical. Generally speaking, the longer the race, the shorter the stride should be. Many cross country runners have a tendency to overstride, thus wasting valuable energy.

2. Do a gradual warm-up before practice sessions and races. The best warm-up is done in the following manner:

(a) Slow jog to warm the muscles.

(b) Slow static stretching exercises.

(c) More jogging and slow running until a sweat is broken.

(d) More slow static stretching exercises.

(e) Quicker runs, with a few accelerations and sprints.

(f) Start the work-out or race.

NOTE: By doing identical warm-ups prior to practices and races one of the "unknowns" can be eliminated on race day.

3. Do a gradual cool down following training or racing. The last half mile of a workout should be devoted to transitioning to a state of rest. If in the final mile of a training run you find yourself racing to win the workout either ease off on the pace or go an additional mile at a jog once you hit the "finish line". The same thing applies after the Cross Country race. Jog/run at least a mile to help pump metabolic waste out of the muscles. This can eliminate most muscle soreness.

4. Stretching: One of the major drawbacks to a running program is the potential for losing one's flexibility. Through long distance running the calf muscles, hamstring muscles and lower back muscles become tight because they are not worked through their full range of motion. A minimum of three stretching exercises should be performed to counteract this problem.

5. Hill Running: When running downhill, let gravity help you. Drop your arms slightly, lean forward slightly, and keep your upper body perpendicular to the slope of the hill. Keep your speed under control. If you start going too fast, lean further back to shorten your stride. If you want to accelerate, lean slightly forward. When running down a steep hill, lean slightly back and raise your arms away from our body to help maintain your balance. When you hit the bottom of the hill, let your momentum carry you along as far as possible.

When running uphill, you will have to work harder, but you also must concentrate even more upon maintaining relaxation. To negotiate the hill, you should shorten your stride, lift your knees higher, and pump your arms vigorously. Above all, lean well forward. This nullifies some of the downward effect of gravity. Adjust your speed to the steepness and length of the slope.

6. Running and Environment:

(a) The Heat: While running, a great deal of heat is generated and must be dissipated if a high speed is to be maintained. In hot weather this is more difficult and blood that is normally pumping oxygen and other nutrients to the working muscles must be shunted to the skin of the body in an attempt to throw off this heat. Thus, distance running performances are always better on cool days. Runners can improve their performances when competing on hot days by trying to stay as cool as possible. Some techniques include:

(1) Wearing clothing that enhances evaporation of sweat.

(2) Wearing the minimal clothing allowable.

(3) Drinking small quantities of cool water prior to training/racing.

(4) Pouring cold water over the body prior to or during the training run or race.

(b) The Cold: One of the major problems associated with running in the cold is actually overheating. The runner wears too much clothing, sweats profusely, soaks through the layers of clothing and the cold is transmitted through the wet layers to the body, chilling the runner. It is wise to dress in layers, and remove clothing as necessary to reduce sweating.

(c) The Rain: Running in the rain can be exhilarating or demoralizing depending on the temperature and how the runner is dressed. When it is cold the runner should wear a windbreaker and hat. This will not keep him dry but they will help retain body heat and some degree of comfort. Men should tape their breasts to eliminate the irritation of the wet tee shirt rubbing the nipples. The crotch and armpits should be lubricated with Vaseline to reduce chafing.

SCORING WORK SHEET

UNIT	PLACE	1ST	2ND	3RD	4TH	5TH	SCORE	DISPLACERS
CO - ______	______	____ +	____ +	____ +	____ +	____ =	______	_____,_____
CO - ______	______	____ +	____ +	____ +	____ +	____ =	______	_____,_____
CO - ______	______	____ +	____ +	____ +	____ +	____ =	______	_____,_____
CO - ______	______	____ +	____ +	____ +	____ +	____ =	______	_____,_____
CO - ______	______	____ +	____ +	____ +	____ +	____ =	______	_____,_____
CO - ______	______	____ +	____ +	____ +	____ +	____ =	______	_____,_____
CO - ______	______	____ +	____ +	____ +	____ +	____ =	______	_____,_____
CO - ______	______	____ +	____ +	____ +	____ +	____ =	______	_____,_____

RESULTS OF INTRAMURAL COMPETITION

Sport _____ Regiment _____

Date Scheduled _____ Date Played _____

Record Contest Number _____

(Circle Winning Team)

Company	Score		Company	Score
_____	_____	vs	_____	_____
_____	_____	vs	_____	_____
_____	_____	vs	_____	_____
_____	_____	vs	_____	_____

(Standing to Date (Rank Order)

Place	Company	W	L	T
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____
6.	_____	_____	_____	_____
7.	_____	_____	_____	_____
8.	_____	_____	_____	_____
9.	_____	_____	_____	_____

_____
Cadet-in-Charge

_____ _____
Company Class

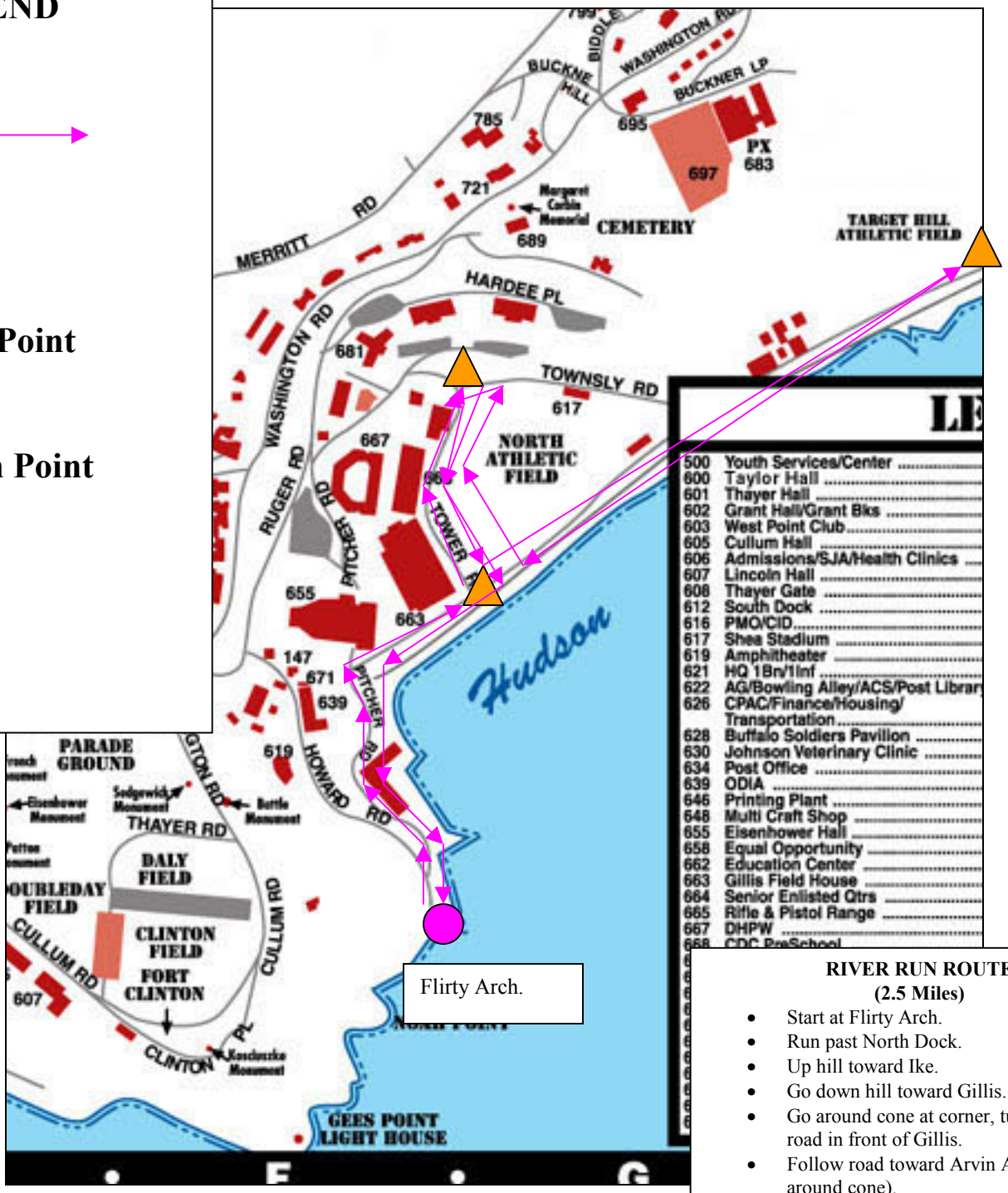
LEGEND

Route

Cone

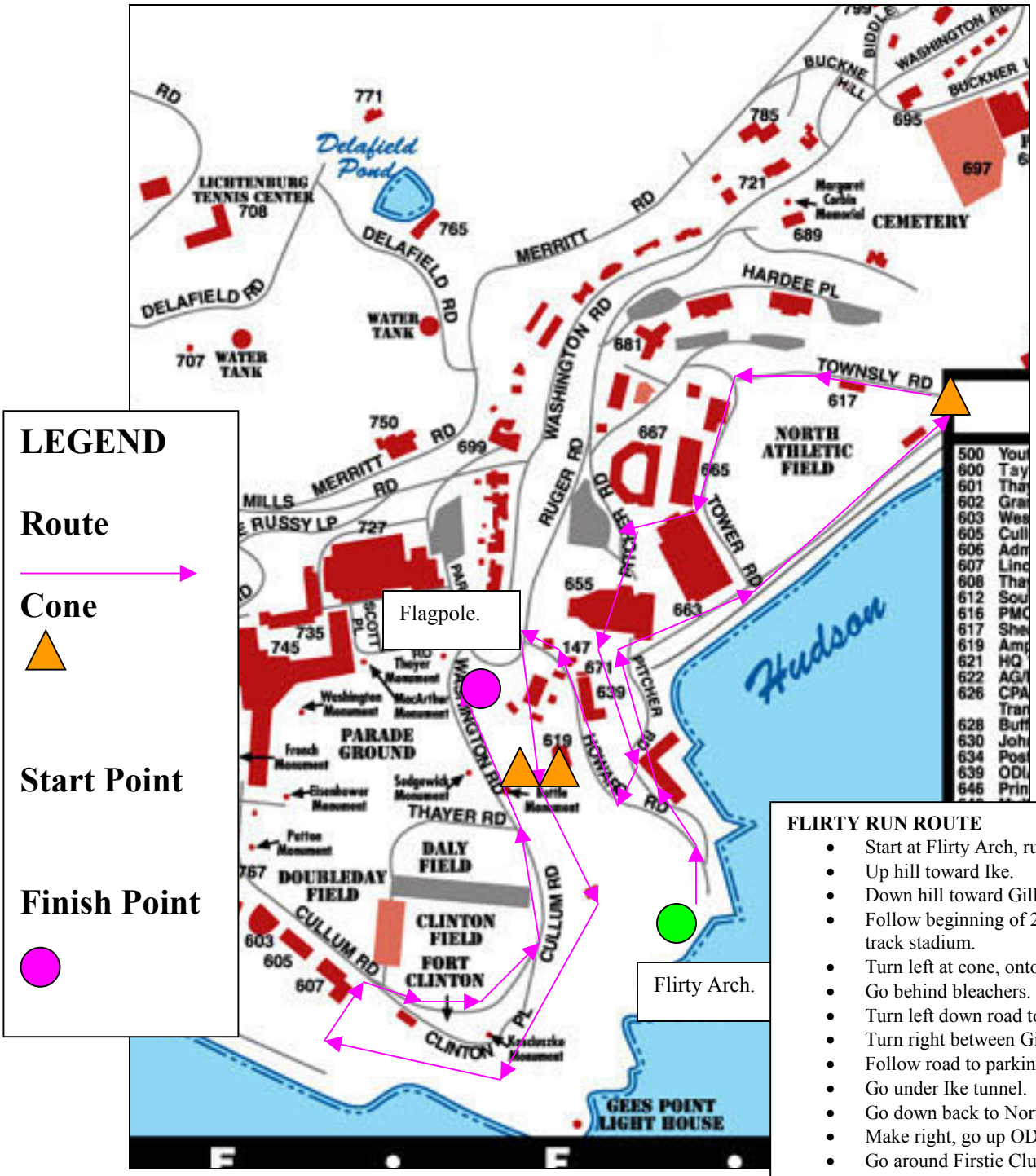
Start Point

Finish Point



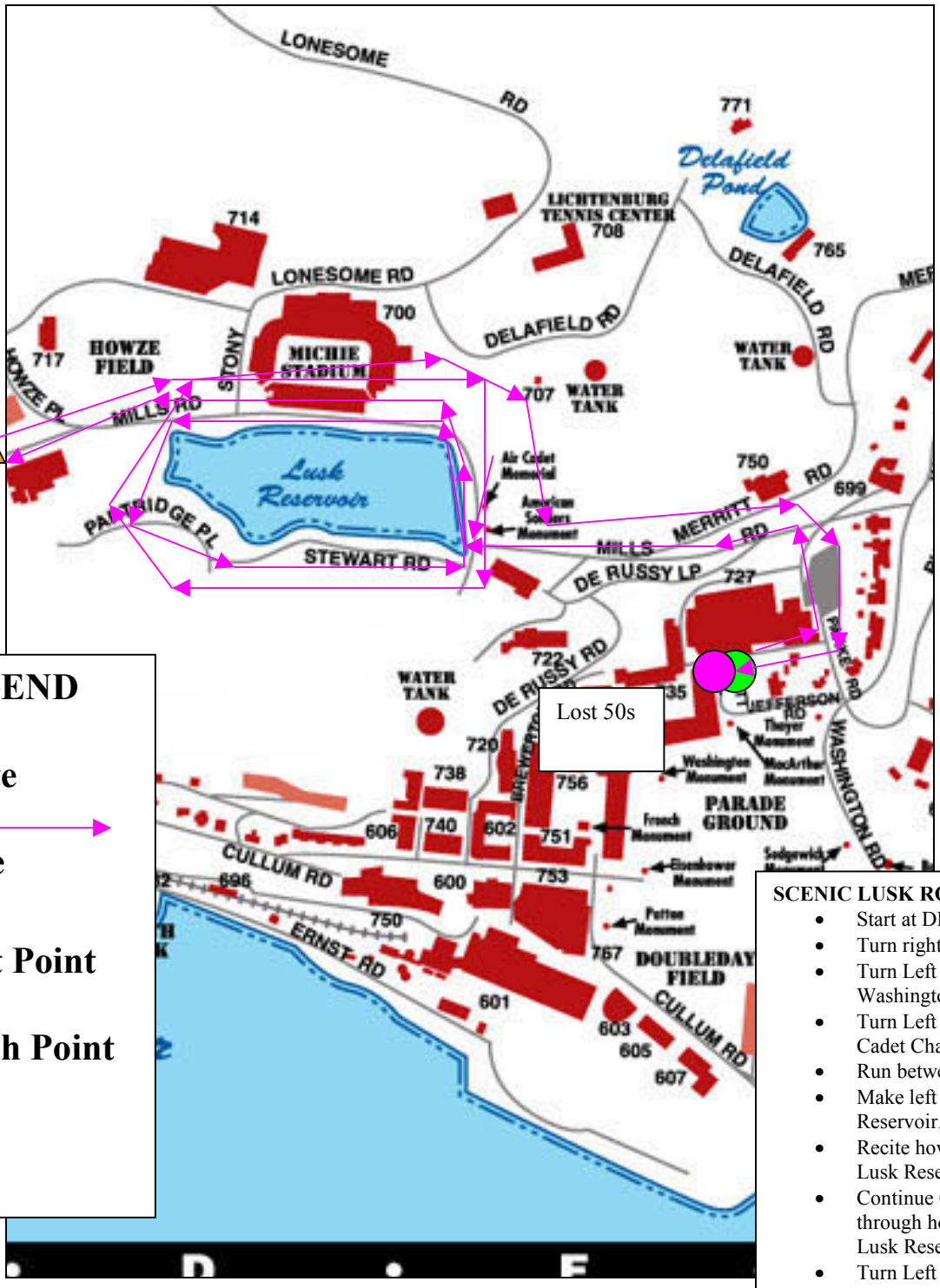
RIVER RUN ROUTE
(2.5 Miles)

- Start at Flirty Arch.
- Run past North Dock.
- Up hill toward Ike.
- Go down hill toward Gillis.
- Go around cone at corner, turn left onto road in front of Gillis.
- Follow road toward Arvin Annex (turn-around cone).
- Return along same route.
- Go **LEFT** at 2 mile run start point.
- Hit far APFT turn cone.
- Return along **SAME ROUTE, (**turning **right** in front of Gillis toward Arvin Annex, turn around again at cone).
- Turn right after Gillis and go uphill toward Ike, then left and back downhill toward North Dock..
- Finish at Flirty Arch.



FLIRTY RUN ROUTE

- Start at Flirty Arch, run past North Dock.
- Up hill toward Ike.
- Down hill toward Gillis.
- Follow beginning of 2 mile run course toward track stadium.
- Turn left at cone, onto road behind stadium.
- Go behind bleachers.
- Turn left down road toward Gillis at hilltop.
- Turn right between Gillis and pistol building.
- Follow road to parking lot.
- Go under Ike tunnel.
- Go down back to North Dock.
- Make right, go up ODIA hill.
- Go around Firstie Club, turn left in front of restroom building.
- Cross field in between band shell and Battle Monument.
- Go between double cones onto upper trail of Flirty.
- Follow trail to Lincoln Hall.
- Go up hill to Cullum Road.
- Make right on road, run toward Kosciusko's Monument.
- Follow Washington Road to flagpole.
- Finish at flagpole.
- Eat ice cream.



LEGEND

Route

Cone

Start Point

Finish Point

SCENIC LUSK ROUTE

- Start at DPE Divisions.
- Turn right past the Com's house.
- Turn Left at the Dean's house onto Washington Rd.
- Turn Left on Mills and Run up hill toward Cadet Chapel.
- Run between Michie and Lusk Reservoir.
- Make left and cross bridge over Lusk Reservoir.
- Recite how many gallons of water are in Lusk Reservoir.
- Continue **Counter-Clockwise** Circle through housing area/tailgate area behind Lusk Reservoir.
- Turn Left back onto Mills Road, and past Lusk again.
- Run down hill to the Lower AOG parking lot.
- About face at AOG parking lot cone.
- Return along same route by circling around Lusk Reservoir in a **Clockwise** direction one more time.
- Run down Mills, turn right onto Washington Rd.
- Turn **Right** at the Dean's house, then **Left** toward Arvin
- Finish at DPE Divisions.
- Celebrate.

Intramural Cross County Risk Assessment **20 July 2001**

Risk Identification	***Reduction Strategies***
Hypothermia (loss of body temperature)	Conduct assessment of weather conditions prior to training Require use of appropriate cold weather gear Awareness of symptoms by all competitors Mandatory attendance at safety brief
Heat exhaustion / Heat stroke / Dehydration	Awareness of symptoms by all competitors Competitors bring full water bottles Enforce hydration for all athletes Wear sun-block / lotion as needed Mandatory attendance at safety brief
Limited Visibility	Require use of reflective belts
Minor muscle/tendon injuries	Conditioning prior to season Proper stretching and cool down Build distance and intensity slowly
Major injuries	Run in buddy teams during practice events Monitor Routes Mandatory attendance at safety brief
Lightening	Brief on DPE Lightening Policy
Blisters	Proper footwear Appropriate First Aid to prevent infection

Prepared By: Dr. Sue Tendy